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Your Health. Our Purpose.

Healthy Minds South Jersey

PTSD

About Post-Traumatic Stress Disorder (PTSD)

Post-Traumatic Stress Disorder (PTSD) is a mental health condition that develops in some people who have experienced or witnessed a traumatic or life-threatening event. PTSD is characterized by a range of symptoms that can persist long after the traumatic event has ended, interfering with daily life and functioning. These symptoms can include intrusive memories, flashbacks, nightmares, avoidance of reminders of the trauma, negative changes in mood and thinking, and heightened arousal or reactivity.

PTSD is a complex condition that often requires professional treatment, but with appropriate support and interventions, many individuals can learn to manage their symptoms and improve their quality of life. It is characterized by intense, disturbing thoughts and feelings related to the experience that persist long after the traumatic event has ended. People with PTSD may relive the event through flashbacks or nightmares, experience sadness, fear, or anger, and feel detached or estranged from other people.

At Advocare Healthy Mind South Jersey, our approach is personalized to meet your specific needs and help you regain control of your life. There are various modalities of treatment, including psychotherapy, medications, and lifestyle changes. With appropriate treatment, many people with PTSD can manage their symptoms effectively and lead fulfilling lives.

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